

## Volunteer, Inmate Leisure Time & Self-Help Program Inventory 2010

<b>SAN QUENTIN (SQ)</b> <b>San Quentin, CA 94964</b>		<b>Laura Bowman</b> <b>Community Resource Manager</b> <b>(415) 454-1460 Ext. 5400</b>
	<b>Name of Program</b>	<b>Summary Description</b>
<b>1</b>	Addiction Counselor Training	Addiction recovery
<b>2</b>	Addiction Recovery Counseling	Addiction recovery
<b>3</b>	Addiction Treatment	Program for narcotics abuse
<b>4</b>	Al-Anon	12-step support recovery program for families and children of a substance abuser
<b>5</b>	Alliance for Change	Pre/post release socialization of prisoners to increase successful community reintegration
<b>6</b>	American Indian Cultural Group	American Indian cultural education
<b>7</b>	Bible Boot Camp	Spiritual connection and development
<b>8</b>	Buddhist Meditation Group	Spiritual practice
<b>9</b>	CA Reentry Program	Pre-release reentry advising for practical support issues
<b>10</b>	Centerforce Back to Family	Family reunification
<b>11</b>	Centerforce Couples Enhancement Workshop	Family reunification and case management

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<b>12</b>	Centerforce Inmate Peer Health Education	Health education
<b>13</b>	Centerforce Inmate Peer Health Education Training	Health education facilitator training
<b>14</b>	Child Support Services	Child support services works with inmates and their children
<b>15</b>	Contra Costa County Reentry Initiative	Pre/post release prep and connection to resources
<b>16</b>	Developing Positive Attitude	Attitudinal healing
<b>17</b>	Fathers-Literacy Program	Literacy and parenting
<b>18</b>	Free to Succeed	Literacy and GED preparation
<b>19</b>	GED Prep	GED tutoring and testing
<b>20</b>	God Chasers	Spiritual connection and development
<b>21</b>	Incarcerated Men Putting Away Childish Things (IMPACT)	Self-awareness and personal growth
<b>22</b>	Insight Garden Program	Cultivating personal awareness through gardening

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<b>23</b>	Insight Prison Project - The Work	Cognitive behavioral change; self-inquiry
<b>24</b>	Insight Prison Project Integral Health Program	Yoga, stress management and health awareness program
<b>25</b>	Insight Prison Project 'Orale la Raza' Program	Domestic abuse, immigration issues, and addiction recovery
<b>26</b>	Insight Prison Project Brothers' Keepers Program	Suicide awareness, peer support education, rape trauma counseling
<b>27</b>	Insight Prison Project Mindfulness Meditation	Stress reduction program
<b>28</b>	Insight Prison Project Red Road to Sobriety Program	12-step program with Native American spiritual focus
<b>29</b>	IPP Katargeo	Cognitive behavioral change
<b>30</b>	IPP Victim Offender Education Group	Crime victim awareness/offender dialogue
<b>31</b>	IPP Violence Prevention Program	Anger management/domestic, gang violence prevention
<b>32</b>	Kairos	This is a self-help group teaching on love, respect of oneself and others
<b>33</b>	Keepin It Real	Group process/life skills

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<b>34</b>	Malachai Dad	Fatherhood and responsibility
<b>35</b>	Meet Me at the Gate	Reentry resource networking and preparation
<b>36</b>	Members of Modern American Society (MOMAS)	Sustained self worth through understanding and skills development of 21st century financial, business, & employment technologies
<b>37</b>	Milatti-Islami	12-step program based on Islamic traditions
<b>38</b>	New Leaf on Life	Lifers support group
<b>39</b>	Non-Violent Communications	Education and practice for effective communication
<b>40</b>	Pen Pals	Dog fostering and personal responsibility development
<b>41</b>	PRI-Alameda	Pre/post release preparation and connection to resources
<b>42</b>	Prison Art Program (PAP)	Inmates teaching art and participating in art fundamentals
<b>43</b>	Prison University Project-AA Degree & College Prep	AA degree program
<b>44</b>	Project Choice-Alameda	Pre/post release preparation and connection to resources

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<b>45</b>	Project REACH	Peer tutoring and literacy mentoring
<b>46</b>	Reaching Beyond the Walls	Missionary awareness and support
<b>47</b>	Real Choices	Youth diversion program
<b>48</b>	Reentry Action Planning	Reentry coaching prerelease and post release follow up
<b>49</b>	Re-Start Tools	Addiction recovery support group and cognitive behavioral change
<b>50</b>	San Quentin Arts Program	Performing and fine arts education with opportunities for demonstration
<b>51</b>	San Quentin Thousand Mile Club	Personal goal setting and coaching
<b>52</b>	Spanish Bible Study	Spiritual connection and development
<b>53</b>	SQ Bike Program	Charitable bike refurbishing
<b>54</b>	SQUIRES	Self-awareness and youth diversion
<b>55</b>	Successful Transitions and New Direction Utilizing Partnerships (STAND-UP)	Programming comprised of a multitude of program opportunities covering academic, life skills, cognitive behavioral change, parole planning, and post-release support

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<b>56</b>	Stayin' Out Program	Pre-parole preparation, connections with community programs
<b>57</b>	The Green Life	Group process, life skills and environmental awareness
<b>58</b>	This Sacred Space	Self-examination and meditation
<b>59</b>	TRUST / Richmond Project-Contra Costa	Creating values change and fostering safer communities
<b>60</b>	Veterans Information Project	Access to benefits and resource info, discharge upgrade
<b>61</b>	Victim Offender Education Program	Teaches inmates about the impact of their crimes
<b>62</b>	Vietnam Veterans Group of San Quentin	Veterans issues and veteran-related activities
<b>63</b>	Violence Prevention/ Man Alive	Anger management

Updated annually in May